ADDING WEIGHT TO YOUR TESTIMONY #4 "Self Control" 2 Peter 1:4-6

Intro: The great promise of Christianity is that of overcoming the flesh. The value that plays out in life gives immeasurable value and self worth to those who will allow the Holy Spirit to transform their heart and soul into the divine nature, the image of Christ. Likeness.

I. The Tendency to Anger

A. Define
1. A strong feeling of displeasure
a. Frustrated self will
(1). Indignation
2. Sometimes justified
a. "Anger Lord 18x"

B. Not evil in and of itself/Must be managed
1. The bible stipulates control
a. ***Ephesians 4:26-27*** *[26] "Be angry, and do not sin": do not let the sun go down on your wrath, [27] nor give place to the devil.*
1. ***Psalm 4:4*** *[4] Be angry, and do not sin. Meditate within your heart on your bed, and be still. Selah*
2. ***Proverbs 14:17*** *[17] A quick-tempered man acts foolishly, And a man of wicked intentions is hated.*
2. Commentaries
a. Aristotle: Aristotle said, "Anybody can become angry, that is easy. But to be angry with the right person, and to the right degree, and at the right time, and for the right purpose, and in the right way; that is not within everyone's power, and that is not easy.
b. Adam Clarke: If ye be angry, and if ye think ye have cause to be angry; do not let your disaffection carry you to acts of rebellion against both God and your king. Consider the subject deeply before you attempt to act. Do nothing rashly; do not justify one evil act by another: sleep on the business; converse *with your own heart upon your bed*; consult your pillow. *And be still vedommu*, "and be *dumb*." Hold your peace: fear lest ye be found fighting against God. *Selah. Mark this!*
3. Analyzed: Smarts or Self Control? After the 2010 tragic shooting in Tuscon, Arizona, *Scientific American* wondered "What Causes Someone to Act on Violent Impulses and Commit Murder?" Marco lacoboni, a UCLA professor of psychiatry, cited university of Michigan professor of social psychology Richard Nisbett, "the world's greatest authority on intelligence," as starting plainly that he'd rather have his son by high in self-control than intelligence." According to lacoboni, "Self-control is key to a well functioning life, because our brain makes us easily (susceptible) to all sorts of influences. Watching a movie showing violent acts predisposes us to act violently. Even just listening to violent rhetoric makes us more inclined to be violent. …This is why control mechanisms are so important."
4. Qualification/Ministry offers
a. ***1 Timothy 3:3*** *[3] not given to wine, not violent, not greedy for money, but gentle, not quarrelsome, not covetous;*
1. ***Titus 1:7*** *[7] For a bishop must be blameless, as a steward of God, not self-willed, not quick-tempered, not given to wine, not violent, not greedy for money,*

II. The Danger/Develops Distortion

A. Repeated Actions Become a Habit
1. Our Brains/Track.
a. Sow a thought, reap an act, sow an act reap a habit, reap a character, sow a character reap a destiny.

1. Children: must be curbed (Russia; Airport-Headbutt)

2. Contagious

a. ***Proverbs 29:22*** *22An angry man stirs up strife, And a furious man abounds in transgression.*

1. ***Proverbs 22:24-25*** *24 Make no friendship with an angry man, And with a furious man do not go, 25 Lest you learn his ways And set a snare for your soul.*

B. Fallacy/Therapy

1. Pillow pounders

a.50 years ago. Church fad.

2. Japan “Rage room”

a. Effigy/Stream/ Bamboo Pole

3. Biblical warnings/Example

a. Moses/Poster boy

1. ***Exodus 32:19*** *19So it was, as soon as he came near the camp, that he saw the calf and the dancing. So Moses' anger became hot, and he cast the tablets out of his hands and broke them at the foot of the mountain.*

2. ***Psalm 106:32-33*** *32 They angered Him also at the waters of strife, So that it went ill with Moses on account of them; 33 Because they rebelled against His Spirit, So that he spoke rashly with his lips.*

3. ***Numbers 20:10*** *10And Moses and Aaron gathered the assembly together before the rock; and he said to them, "Hear now, you rebels! Must we bring water for you out of this rock?"*

4. ***Jonah 4:9*** *9Then God said to Jonah, "Is it right for you to be angry about the plant?" And he said, "It is right for me to be angry, even to death!"*

III. God Enables Us to Deal with Anger

A. Large screen

1. David and Shemei threw cursed

a. ***2 Samuel 16:12*** *12 It may be that the LORD will look on my affliction, and that the LORD will repay me with good for his cursing this day."*

2. Leave our cause-God

a. ***Hebrews 10:30*** *30 For we know Him who said, "Vengeance is Mine, I will repay," says the Lord. And again, "The LORD will judge His people."/* ***Hebrews 13:6*** *6 So we may boldly say: "The LORD is my helper; I will not fear. What can man do to me?"*

b.

B. A Work in Our Hearts

1. Self-control Great value

a. Marriage Relationship

1. Shut Up!

2. Employment Relationships

a. Be angry/Do not sin/Control yourself. Cool it

3. Holy Spirit Works Fruit/Overpower the flesh

a. ***Galatians 5:16*** *16 I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh./* ***Galatians 5:22*** *22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,*